



**STATE OF TEXAS  
OFFICE OF THE GOVERNOR**

Good mental health is essential to our well-being. Every year, as many as one in five adults struggle with mental illness. These illnesses strike Texans from all walks of life, regardless of age, race, gender, religion or socioeconomic status. Many experiencing mental illness also battle alcohol and substance abuse.

Fortunately, an increased understanding of mental illness has brought new hope. New insights into the causes, treatments and possible prevention of mental illness are changing the outlook for these disorders. Early diagnosis, access to cognitive behavioral therapy and family involvement are essential to helping individuals with mental illness. Ensuring timely access to effective treatment is beneficial not only for individual well-being, but also for our society as a whole, resulting in countless cost savings in the health care, criminal justice, housing and family services fields.

And recovery does not happen in isolation. It requires a significant number of licensed health care providers, including psychologists, therapists, counselors, social workers and psychiatrists, all of whom use their training and clinical skills to diagnose and treat patients.

Organizations nationwide dedicate the month of May to raising awareness of mental illness, signs and symptoms, the dedicated health care professionals working to improve patients' lives and the need for additional attention to this critical issue.

At this time, I encourage my fellow Texans to learn more about mental health and to take steps to protect their health and well-being. Together, we can ensure a brighter future for all Texans.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim May 2015 to be

**Mental Health Month**



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof,  
I hereby affix my signature this the  
15<sup>th</sup> day of May, 2015.

  
Governor of Texas